

WOMAN'S CHIEF BUSINESS

"Love of home and what the home stands for converts the drudgery of daily routine into a high order of social service" *Ellen Richards*

ALIDA CLEMENT

Equipment of a Modern and Efficient Home Laundry.

BUILD my kitchen and laundry complete, the way I have planned them; then do the best you can with the money that is left to build the rest of the house." This was the order of one woman who had suffered the inconveniences of living in rented houses and apartments for many years, and was about to have a home of her own.

The sentiment will be heartily echoed by other women who have been stooping at a back-breaking angle over low sinks and washtubs and nearly dislocating their anatomy in reaching high shelves and gas fixtures of the sort that architects place high and low without rhyme or reason.

Henceforth the laundry and its equipment have been given but little serious thought in home building, with the result that the housewife has often had to accommodate herself to conditions planned by those who know but little of the laundry. Women, now keenly wide awake to the former laundry shortcomings, are blue pencilling architects' plans with no uncertain hands. And before building their own homes they are busy visiting modern buildings, schools of domestic science and every other avenue through which flow helpful ideas, and thus they know pretty nearly what they want.

They have learned that the proper height of washtubs from the floor is forty to forty-two inches. Verily, washtubs have come up in the world. If possible to arrange them so, they should be fitted with a steam rod, or arm, which is designed to bend down into the tub. This is steam-heated and boils the water in the tub quickly and for the needed length of time. The simple and effective convenience may be attached to the gas or electrically heated boiler, or to the hot water heater in the cellar.

A small addition of the mangle used in hotels and institutions is gaining favor in the at-home laundry. Especially is it useful where there is a goodly quantity of flat work to be wrung each week. The mangle may be run by steam, and if properly operated does very acceptable work. The felt-covered rollers require attention quite often in freshening and keeping the covers smooth.

Many modern laundries are equipped with washing machines of different makes. One of the most convenient of these machines is operated by electricity; it rocks and tosses the clothing from side to side in a tightly covered copper tub. After putting in the clothes, soap or washing powder and water, the mechanism is adjusted and started. While the washing is going on the laundress may go about her other work, for the machine requires no watching.

The laundry sink should be wide and deep, and of porcelain; it should be set at the same height as the washtubs; it needs to be roomy to accommodate the starch pans, which should be chosen in size, so that two or three can be used in the sink at the same time. A high-tiled wainscot, with painted walls that may be washed down, and a cement floor are necessary parts of the sanitary equipment.

Many laundresses find the rubber apron a great protection while washing; others incline to the heavy canvas apron. The long-wristed asbestos gloves are very nice to use in place of the iron holder, for they protect the wrist as well as the hand from heat. There will be found a number of excellent drying machines if one cares to have a machine of this kind installed.

A few hints to paste into the laundry reference book may be valuable to the laundress in time of need.

A Good Starch Recipe.

Good home-made starch is the exception rather than the rule, but this is a reliable recipe, and will, if carefully followed, bring about the right results. Put two heaping tablespoons of starch into a large basin; pour over it a half a pint of cold water; stir the mixture well with a wooden spoon until it is smooth and free from all lumps. Then take the basin to the fire and pour boiling water into the starch, stirring constantly, until it is the right consistency, which is a little stiffer than cold honey. If for any reason the starch does not thicken set it immediately over the fire and let it boil up once. Take it off the fire and strain it through a cheesecloth bag, then cover it to prevent a skin forming on top, and when it is cool enough to bear the hand starch the garments. While the starch is hot stir a wax candle in it three or four times. By doing this enough of the wax will melt into the starch to prevent the iron from sticking to the garment, and will also give a gloss to the articles ironed.

To Remove Spots from Linen.

Nearly all spots of fruit juice, wine or other stains will come from table linen if boiling water is turned through the spots before they are put into the suds. If they are stubborn, however, salts of lemon, spirits of wine or ammonia will usually remove the stains.

By SARAH ADDINGTON.

TO A "house behind a house" in West Sixteenth Street there proceeded every weekday morning a small file of women—a sad-eyed Italian with the sorrow of widowhood fresh upon her; a heavy Irish woman, ignorant and callous, to whom whiskey has spelled misery; a sprightly Polish mother of innumerable children, the wife of the man who went from the neighborhood yesterday for a few months of steady work at Sing Sing. All of them are trying to make a new start for some desperate reason or other; trying to climb out of the dreadful pit into which life has somehow thrust them; trying, not to "get ahead," as we say, but only, as they put it, "to keep on."

And what is this house whose door they seek so hopefully? No, not a shrine, or a soup kitchen, or an employment bureau, but a school—a school for scrubwomen! For just the learning to do something really well affects the lives of the lower West Side as it does yours and mine. Only their something happens to be scrubbing, while yours is medicine or banking.

The Home Thrift Department of the New York House and School of Industry (which is the formal name for our Scrubwomen's School) was opened about six years ago, when the directors realized that their sewing school could well be extended to teach manual labor to women who had more muscle and less patience than needlework required. Also, the demand for sewing was diminishing as the call for houseworkers was growing stronger, and the School of Industry was no institution to disregard "what the public wants."

A Right Way Even to Scrub.

Scrubbing may seem to be just a process of getting down on your hands and knees and working your right arm vigorously, but the school directors know that even this simple operation can be done the wrong way and the

If they do not, try javelle water. In all cases rinse the linen thoroughly before putting it into the suds. Ink stains will come out if oxalic acid or salts of soda are used. First dip the article in hot water, then spread it smoothly on the hand or the back of a spoon and pour a few drops of the acid or salts on the spot, then rub and rinse in cold water until the spot is removed. Grease spots usually give way before a thorough application of yellow soap and a rinsing of hot water.

To Wash Corduroy.

Corduroy suits, separate skirts and hats are now so much worn for outfit purposes that it is a good idea to learn to launder them well at home. Make a good suds of white soap and lukewarm water; dip the garment into it, squeezing up and down many times, until the dirt is all removed; hold a skirt by the waistband while doing this, and a coat by the collar band, keeping the corduroy stripes vertical during the process. Next rinse the garment in clear, lukewarm water, squeezing it up and down in the same way, until the soap is all removed. Never wring corduroy. Hang the garment over the line and let it drip dry. When all the water has dripped from it, take it from the line and snap it every once in a while, laying a crash towel over the line, so that it does not mark the goods. Treated in this way, the pile of the goods will come up and the garment will look quite like new.

To Wash Lace.

Lace collars and cuffs should be carefully heated on a strip of flannel, then placed in a suds of lukewarm water and soap and allowed to soak for an hour. They may then be washed between the hands, rinsed carefully and put in the sun to dry. When almost dry remove the pieces from the flannel and pick out the edges; next lay on the ironing board, covering with a piece of thin, dry flannel, and press with a hot iron until dry. Then lay the lace on a tray in the sun for twenty minutes. This will restore the color and natural firmness. Black lace may be washed clean, then dipped into a little carefully made and strained coffee, which will restore its color and stiffness, but the lace must be well aired after so doing.

To Wash Summer Dresses.

Add a handful of salt to the water in which summer frocks are to be washed to set the color. Rinse, starch and hang in the shade as quickly as possible; do not wring and leave lying for any length of time in the basket. To wash summer silks, blouses and the like, place them in cold water, adding to the water a half package of "zap"; let them stand thus for ten or fifteen minutes, then wash them around until they are clean. Rinse in cold water, hang in the shade and when partially dry take them in, spread them on the board, cover with a linen cloth and iron dry. In this way they may be kept as fresh as new silk. Never dry and sprinkle them for ironing or spots will appear.

WHERE SCRUBWOMEN LEARN EFFICIENCY



The women are taught to clean out every corner.

(Photographs by Paul Thompson.)

right way. The women that came to the school usually did it the wrong way, which fact was exactly the reason they were there. Also, they rarely knew how to clean properly, or to wash and iron correctly, or to make a bed well, or to cook meals that were wholesome. All these things they could be paid money for doing in the outside world, and could employ to their families' decided advantage in their homes. Certainly there was good reason to enlarge the services of the school.

The school soon passed out of the experiment stage and established itself as a valuable institution. The charity organizations with which connections were made sent investigated applicants and did the investigation work for the school when application was made direct to the officers or the matron. A two months' course was instituted, with alternating days for two groups, and the system adopted of paying \$1 a day during the two months, so that they wouldn't starve while learning.

And now for six years the work has been going on, the quiet endeavor to train ignorant, poverty-stricken women to do their share of the world's work competently and, as a reward for the competency, to earn a steady living wage.

The Comfort of Hard Work.

I took a little trip through their domestic beehive one day, where floors



A lesson in wringing out clothes: How to exert the greatest force with the least expenditure of strength.

BUYING TO BEST ADVANTAGE.

By LILLIAN GOLDSBOROUGH.

AMONG the vital questions allied to the science of cookery and closely related to the scientific management of the home is that of quantity in buying.

Modern life demands that all waste of money, time and labor shall be eliminated—or at least reduced to a minimum—and in no more emphatic way may the housekeeper conserve her funds and personal strength and promote the welfare of her family than to select her materials with intelligence, governing her expenditures according to the market, to her purse, to the size of her home and to the number and needs of those for whom she is providing.

To buy with wisdom and thus meet these complex requirements means the exercise of thought and judgment. It calls for a close study of the food values, food prices and individual conditions.

But the profit to be derived therefrom will be found well worth the time and mental energy expended upon the solution of this difficult problem. It results in the acquirement of a high accomplishment—the accomplishment of judicious spending, which is the governing factor to the control of economic waste.

Folly of Buying at Random.

It is perfectly obvious that the purchase of materials in large quantities is economical, generally speaking. But the trouble is that we have been inclined to accept this statement vaguely,

We do not apply it to our own conditions, modifying it proportionately.

We are prone to buy at random, usually in small amounts and for immediate use, not pausing to weigh all phases of the economic side or determining whether it suits our needs to buy flour by the barrel, for instance, or the fifteen-cent bag, cereals by the dozen packages or sugar by the single pound or the five-pound container.

We have been taught all our lives to "save"—which has meant squeezing pennies from each purchase—but no information has been vouchsafed on

the subject of "how to spend," which is really the first principle in saving.

To save money by being pennywise or "going without" is neither intelligent nor satisfactory. But so to conserve funds that one may get the most for his money and still have a surplus to add to the bank account or to expend on an additional comfort or necessity, is to understand the science of spending and saving.

In New York particularly, where apartment life is the general rule, and restricted quarters limit one's possessions, the matter of storage space

looms high in the consideration of buying in large quantities.

Where may the housewife keep her stores? The lack of pantries and cupboards often amounts to a real expense, as the housekeeper is forced to buy in smaller quantities and thus pay a higher price.

The Matter of Storage.

But, supposing her family to be small—consisting of only two—she will at least have room for a seven-pound bag of flour for 25 cents, instead of a three-and-a-half-pound bag for 15 cents. Now, presuming that three and a half pounds will last two weeks, then seven pounds will last four weeks. This will mean that she will make twenty-six purchases of the former in a year, at 15 cents per purchase, amounting to \$3.90 per annum for flour, or thirteen purchases of the latter at 25 cents per purchase, amounting to \$3.25 per annum for flour. The amount saved by buying in the larger quantity is 65 cents, plus the conservation of energy and time in giving the additional thirteen orders for the flour.

Small as this item may seem, is it not worth considering? If added to dozens of other possibilities for saving a few cents here and a few cents there, the aggregate amount in a year will be found amazing.

In the cupboard of the usual apartment kitchen, even if those provoking high shelves have to be resorted to, will be found ample space, also, for many other kitchen staples, such as rice, sugar, cereals, soaps, cleansers, etc.—not in exceptionally large quantities, to be sure, but in three-pound,

The "front house" contains the oldest department of the school and devotes itself to the teaching of fine needlework to old women, in connection with which there is a store and an order system. Upstairs above the home thrift department is a sewing school for children, a perfect antique of a schoolroom, with a round coal stove and built up platform for the "school-narm."

This enterprise is not so much a charity as an experiment in social betterment. It gives these women, who are trembling on the edge of the poverty line, in constant danger of being hopelessly submerged, a chance to make good in the only work they are fitted to do.

Incidentally, it is also a very present help to the housekeeper who has struggled with the problem of stupid, unskilled and unreliable charwomen until it sometimes seems as if it were better to let the house go uncleaned than to subject it to the ministrations of the strong-arm operators who wear out the middle of the floor and utterly ignore the corners.

Women trained as they are in this school to do well the roughest part of housework and to take genuine pride in their efficiency are advanced a long way toward self-respecting independence. Also in pitiful cases of tragedy such as we have described here the panacea of work that enlists both brain and muscle to the utmost extent saves many a despairing creature from going over the brink and seeking refuge either in suicide or in that scarcely less fatal panacea, alcoholism.

Among the officers and directors of this interesting philanthropy are Mrs. Nathan W. Green, Mrs. Whitelaw Reid, Mrs. J. Newton Ewell, Mrs. Alexander McLean, Mrs. Orlando B. Potter and Miss Emily M. de Peyster.

TRIBUNE INSTITUTE MAIL

Will you let me know which of these cookers are the best?

Fireless cookers are now manufactured with the lining of the "wells" seamed or seamless. The seamless construction is preferable and more durable and requires less care in its use, but the cooking efficiency or heat retaining properties of either type is about equal. It is the practice now to equip fireless cookers with valves or devices for the release of excessive steam so that the danger of an explosion is eliminated.

In the vacuum ice cream freezer practical? Does it do the work of the regular ice cream freezer satisfactorily? Does it use more ice and salt?

It has been our experience that the vacuum ice cream freezers are excellent for mouselines, ices, etc., but do not produce as smooth and velvety ice cream as the regular crank freezers unless a heavy, sweet cream is used in the mixture. These devices use less ice but require more salt, and the construction is not as durable as the price warrants. Unless used with care their period of service is considerably shortened.

Are the combination suction sweepers practical and efficient? Do the results obtained warrant their use?

If you are accustomed to cleaning your floors with a broom and carpet sweeper we feel sure that you will find a combination suction sweeper more efficient and less laborious. It will not only remove threads, lint and surface litter, but in addition the embedded dirt, which a broom does not get at all, without raising a dust. Thus the cleaning is done in less time, and dusting after using the machine is not necessary.

four-pound, five-pound or seven-pound containers, and soaps and cleansers by the half dozens or dozens—sufficient to net many pennies in a year, to say nothing of the saving of the housekeeper's mental and physical energy and her time.

The purse of the housekeeper will, of course, have the greatest control of her purchases of supplies. When the household is run on the weekly allowance plan, with a certain amount apportioned for each day, she is likely to find herself bankrupt if she plunges at once into the large-quantity system of buying.

Purchasing by the Month.

The monthly plan gives her more leeway. But it is obviously necessary to make a larger initial outlay to inaugurate the method. It will be equalized from week to week, until the larger expenditures may be adjusted so that they do not come all at once.

Flour, sugar and soaps may be bought the first week, for example; cereals, condiments, crackers, etc., the second week. A little management of funds and a little care and thought will soon perfect a smoothly running and most satisfactory plan.

There are many households in which no systematic financial arrangement is made. The income may be small and irregular, when limited amounts of purchase are obligatory.

But this is a deplorable situation. It is the most extravagant way to live. It is not always due to limited means, however. Many of the women one sees in the grocery store buying a pound of

Drink Fruit Juices, and Look Behind the Counter.

IF YOU patronize the soda fountain cultivate a taste for fruit beverages rather than for the heavy, sweetened syrups and the ice-cream laden drink. And always look behind the counter!

Much has been said and done to improve the sanitation of soda fountains and some are immaculate, but haste and heat are enemies to cleanliness, and too often glasses, are washed in standing dirty water. There is no sterilization, and both utensils and materials used are carelessly kept, the syrups and fruits often being artificially preserved and colored with chemicals. With due respect to those who, under difficulties, maintain sanitary conditions, we still favor the homemade fruit punches, especially for the little folks, and most earnestly counsel a personal inspection of the washing arrangement and the original containers from which fruits and syrups are taken, as the labels in these will show the nature of the contents.

Ginger ale has a place, but not such an honored one as the fresh fruit juices. This product is almost as classically mislabeled as the Welsh rarebit, as it is not an ale and frequently contains little or no ginger. Too often the ginger resins are lacking. Only a little ginger flavor is used, with capsicum, red pepper, to make up for the missing pungency. A correct label or sub-label doesn't change the fact, and while red pepper is a mild stomachic and harmless when bottled in a sanitary way, it cannot make the same claim as the fruit juice for our consideration. A bottle of ginger ale added to a fruit cup, however, will often improve it.

There are inferior makes of combination suction sweepers on the market, but we can recommend the following as well constructed and efficient. (A list, including manufacturer's name and address, was appended in letter to inquirer.)

Can you recommend a gas heater for attachment to kitchen boiler and probable cost of the same?

The Holyoke Gas Tank Water Heater, made by the Holyoke Heater Company, Holyoke, Mass., has been tested and endorsed by The Tribune Institute. This heater consumes gas as the fuel and can be attached to any size tank and used in connection with or without the coal range. It is well constructed and simple to install. The price is \$20 and the cost of operation about five cents per hour with gas at \$1 per 1,000 cubic feet. In tests the heater heated the contents of a thirty-gallon boiler to an average temperature of 164 degrees Fahrenheit in one and one-half hours.

Are refrigerators with coolers for drinking water a good investment?

Cold drinking water can be most efficiently produced by the use of a built-in cooler, but it reduces the temperature efficiency of the food compartment about 1 per cent. Only during the summer months is cold drinking water required in any quantity, and therefore the remaining time the cooler is disused but nevertheless having the same effect on the interior temperatures. In general it is more economical to keep a bottle of water on the ice than to purchase a refrigerator with a built-in water cooler.

sugar, a quarter of a pound of butter and two eggs, are not really obliged to purchase by this method.

Do they realize that they are accepting the corner grocery store as their storehouse, paying the grocery man 25¢ storage in one week a cent per pound for butter, a cent per dozen for eggs and several cents for sugar?

Is this a good investment? Is it economical or sensible?

It is folly, of course, for a woman to buy in large amounts if her family is small. Investigation will show her what quantities are economically practicable and she will adjust her expenditures accordingly.

Flour by the barrel, for example, is worth \$6, while by the pound, at 5 cents, it would cost \$9.80—a saving of \$3.80 on a barrel when purchased in the larger amount. By the twelve-pound bag, at 42 cents, a barrel would cost \$6.84, and purchasing in the smallest bags (three and a half pounds) the same quantity of flour would be \$8.40.

Molasses bought by the 12-cent can costs 78 cents per gallon. A gallon of molasses may be had for 60 cents, which is 18 cents less than the small quantity price.

Two that is bought by the 10-cent package, averaging two and a half ounces, costs from 53 to 71 cents per pound for a 40-cent grade.

A two-ounce bottle of vanilla costs 25 cents. At this rate a quart would cost \$4.30. The market price per quart is \$3.75, which means an increase of 55 cents when bought in the smaller quantities.